TORONTO metro®

NEWS WORTH SHARING.

RBC Royal Bank

™

RBC Royal Bank

That's right! Just ask, and save on your mortgage like an RBC Employee[1].

For a limited time[2], get the same great mortgage rate as our employees, complete with our flexible prepayment options and expert advice[3].

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420 rbc.com/employeemortgage

™

1. Offer not available for construction draw mortgages or for any amendment to an existing mortgage with Royal Bank of Canada, including a portability transaction or an advance of additional funds or a renewal. This offer may be withdrawn at any time without notice. Offer limited to 4 and 5 year fixed term closed residential mortgages and to eligible applicants only. Subject to Royal Bank of Canada lending criteria for residential properties. Offer cannot be combined or used in conjunction with any other special offers. Other terms and conditions may apply. 2. Eligible mortgage applications must be started on or after April 28, 2014, and last day to apply is July 4th 2014. Rate commitment is a maximum of 120 days from the start of the application at which point the interest rate guarantee expires. 3. Employee Rates are discounted rates and are not the posted rates of Royal Bank of Canada. Employee Rates may be changed, withdrawn or extended at any time, without notice. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

TORONTO metro®

Wednesday's Jackpot
$18,000,000 estimated
PLUS 2 GUARANTEED $1 MILLION PRIZE DRAWS
LOTTO 6/49

GET SAD, GET MAD, GET FAMOUS

R&B SINGER-SONGWRITER BANKS ATTRIBUTES HER ARTISTIC SUCCESS TO THE PAIN SHE FELT OVER HER PARENTS' DIVORCE PAGE 11

Thousands wrestling the 'slippery pig' of Hydro One

Ombudsman receiving 10 complaints a day about odd bills from the utility PAGE 3

Feeling a bit round? Try a 360-degree fitness plan

Ensure your body gets into beach-ready shape in time with these eight tips PAGE 13

If you need to reach me, just give me a ring — on my ring

Tech alerts women to calls and texts, comes in four semi-precious stones PAGE 8

NEWS WORTH SHARING.

Does he look gay? Study says he probably is

Sixty-five per cent accuracy. Brain takes a split-second to judge: U of T psychologist

Criticism

"Some people think it's bad to say that sexual orientation is perceptible. They feel like it's providing justification to use stereotyping."

Nicholas Rule, U of T psychologist

In less time than the blink of an eye, your subconscious "gaydar" has made a snap judgment about someone's sexual orientation based entirely on facial traits — and it's more often right than wrong.

So says the research of Nicholas Rule, a University of Toronto psychologist giving a talk on the subject this week as part of World Pride.

"The gist of it is that people can accurately judge someone's sexual orientation from very minimal information about them," Rule said in an interview. "You only need to see a face for less than 40 milliseconds to judge sexual orientation with the same level of accuracy that you get if you take all the time in the world. To put that in perspective, it takes 400 milliseconds to blink your eye."

The conclusions drawn by Rule and his co-researchers at U of T's Social Cognition and Perception Laboratory are often surprising. Facial "gaydar" is reported to be 65 per cent accurate on average.

These judgments can be reliably made based on the eyes alone, Rule says, though facial shape and texture are also big factors.

Even political ideology is said to play a role. "Conservatives are more accurate than liberals in making these judgments when they study a face, because conservatives are more likely to use stereotypes," Rule said. "Of course, stereotypes are often wrong, but they do have what we call kernels of truth. Liberals tend to not want to use stereotypes in making judgments, and it impairs their accuracy."

The research, which Rule has been working on for a decade, is deceptively simple given the complexity of the issue. Rule uses photos of people who self-identify as either gay or straight (while recognizing these are only two of many sexual identities) and only uses faces without "adornments": facial hair, glasses, piercings or other factors that could skew the results. In a typical experiment, the images are shown in various forms to participants along with a series of questions tailored to the research goal.

Not everyone is receptive to this line of inquiry, Rule said. "Some people think it's bad to say that sexual orientation is perceptible. They feel like it's providing justification to use stereotyping. What I would say in response to that is it's better to know about this than to not know … because the judgment is still going on. Failing to acknowledge that is avoiding the issue."

Rule said there's much work to be done in looking at the social consequences of these unintentional first impressions. He's also looking to drill down further into the causes. TORSTAR NEWS SERVICE

BRAZIL JUMPS UP

Brazil players and fans celebrate the team's big 4-1 win over Cameroon at the Estadio Nacional in Brasilia on Monday. More coverage, page 17. DOLORES OCHOA/THE ASSOCIATED PRESS

CHEVROLET

EMPLOYEE PRICING

+0%

FINANCING AND LEASING AVAILABLE ON SELECT MODELS[¥,▼▼]

YOU PAY WHAT WE PAY[¥] ON 2014:

CRUZE, EQUINOX, SILVERADO, MALIBU, IMPALA, VOLT, TRAVERSE, SONIC, TRAX, CAMARO, ORLANDO, SPARK, TAHOE & SUBURBAN

2014 CRUZE LT AIR & AUTO

EMPLOYEE LEASE

$99 @ 0.9% FOR 48 MONTHS[▼]

BI-WEEKLY. $695 DOWN PAYMENT. $0 SECURITY DEPOSIT. INLCUDES FREIGHT, PDI & LEVIES.

PREMIUM FEATURES WITHOUT THE PREMIUM PRICE

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH®
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL
- ONSTAR® NAVIGATION
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS SAFETY[+] WITH 10 AIRBAGS
- SIRIUS XM RADIO™

CRUZE LTZ SHOWN[††]

EQUINOX LTZ SHOWN[††]

2014 EQUINOX LS AIR & AUTO

EMPLOYEE PRICE

$24,995*

CASH PURCHASE PRICE INCLUDES FREIGHT, PDI, LEVIES & $1,850 COMBINED CREDITS[*,***]

FULLY LOADED WITHOUT UNLOADING YOUR WALLET

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM[♠]
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV[ΔΔ]

2014 SILVERADO

DOUBLE CAB EMPLOYEE PRICE

$24,211*

1WT 2WD CASH PURCHASE PRICE INLCUDES FREIGHT, PDI, LEVIES, $4,400 COMBINED CREDITS[*,**] & $2,000 TRUCK OWNER BONUS[¥]

- EXCLUSIVE AUTOMATIC LOCKING REAR DIFFERENTIAL
- 285 HP ECOTEC3 ENGINE
- 6-SPEED AUTOMATIC TRANSMISSION
- CRUISE CONTROL
- POWER WINDOWS & DOOR LOCKS

OR STEP UP TO THE CREW CAB 4X4 EMPLOYEE LEASE

$149 @ 1.9% FOR 36 MONTHS[▼]

BI-WEEKLY. $1,395 DOWN PAYMENT. $0 SECURITY DEPOSIT. INLCUDES FREIGHT, PDI, LEVIES & $4,000 CREDIT[*]

SILVERADO 1500 CREW CAB LTZ 4X4 SHOWN[††]

ALL 2014's COME WITH CHEVROLET **COMPLETE CARE**

- **2** YEARS/40,000 KM COMPLIMENTARY OIL CHANGES[**]
- **5** YEARS/160,000 KM POWERTRAIN WARRANTY[▲]
- **5** YEARS/160,000 KM ROADSIDE ASSISTANCE[▲]

chevrolet.ca

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 48 month lease for 2014 Chevrolet (Cruze LT Turbo 1SA+MH8/Silverado 1500 Crew Cab 4WD 1WT+G80+B30). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $695/$1,395 and/or $0 security deposit is required. Total obligation is $10,945/$13,019. Option to purchase at lease end is $9,284/$19,378. Excess wear and tear and km charges not included. Other lease options available. *Offer applies to the purchase of 2014 Chevrolet (Equinox LS FWD 1LS/Silverado 1500 Double Cab 2WD 1WT+G80+H2R) ♦$500/$4,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 Chevrolet Equinox/2014 Chevrolet Silverado 1500 Double Cab & Crew Cab (without PDU) and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ♦♦$1,350/$400 is a manufacturer to dealer delivery credit (tax exclusive) 2014 Chevrolet Equinox/2014 Chevrolet Silverado 1500 Double Cab (without PDU) and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. ▼/*/♦/♦♦/**Freight & PDI ($1,600/$1,600/$1,695/$1,595), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ®Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ©For more information go to iihs.org/ratings. ♠Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ΔΔ2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. ††2014 Cruze LTZ, MSRP with freight, PDI & levies $28,489. 2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. 2014 Silverado 1500 Crew Cab LTZ 4WD MSRP with freight, PDI & levies $51,249. Dealers are free to set individual prices. ¥Offer available to retail customers in Canada between June 3, 2014 and June 30, 2014. Applies to new 2014 Chevrolet, Buick and GMC models, 2015 Chevrolet Silverado and GMC Sierra HD Pickups and 2015 GMC Yukon, Chevrolet Tahoe and Suburban models, at participating dealers in Canada, excluding Chevrolet Corvette and all Cadillac models. Employee price excludes license, insurance, registration, dealer administration fee, fees associated with filing at movable property registry/PPSA fees, duties, and taxes. Dealer may sell for less. Dealer order or trade may be required. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details. ‡‡Participating lenders are subject to change. 0% purchase financing offered on approved credit by RBC Royal Bank/TD Auto Finance Services/Scotiabank on new or demonstrator 2014 Chevrolet Sonic, Cruze, Malibu, Camaro (excluding Camaro Z28) on 36/60/36/60 months. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $25,595 at 0% APR, the monthly payment is $426.58 for 60 months. Cost of borrowing is $0, total obligation is $25,595. Offer is unconditionally interest-free. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ▼▼0% for 36 month lease available on 2014 MY Chevrolet Sonic, Cruze (excluding Cruze Diesel), Malibu, Impala and Trax on approved credit by GM Financial with delivery from June 3, 2014 - June 30, 2014. Monthly/Bi-weekly payments may vary depending on down payment/trade. Example: 2014 Cruze LT Turbo (1SA+MH8) including Freight and Air Tax is $21 179 at 0% APR, Bi-Weekly payment is $107.13 for 36 months. Total obligation is $8346, plus applicable taxes. Option to purchase at lease end is $11 323. Tax, license, insurance, registration, applicable provincial fees, and optional equipment extra. Annual kilometer limit of 20,000 km, $0.16 per excess kilometer. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. ¥¥Offer valid from June 3 to June 30, 2014 (the "Program Period"). Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible pickup truck that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Truck Owner Bonus credit towards the lease or finance of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra; or a $2,000 Truck Owner Bonus credit towards the cash purchase of an eligible 2013/2014 Chevrolet Silverado, Avalanche, GMC Sierra. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1,000 Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet, Buick, GMC model; or a $2,000 Bonus credit towards the lease, purchase or finance of an eligible 2013/2014 Cadillac model delivered during the Program Period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000/$2,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details.

Homelessness

Housing mentally ill a money saver, study finds

Providing housing to people who are homeless and suffering mental illness improves outcomes — and saves money, a Toronto study suggests.

The At Home/Chez Soi research project tracked nearly 600 people in Toronto over two years. Roughly half received treatment as usual, relying on the city's network of services, while the other half received "housing-first" treatment.

"Intervention can make a real, tangible difference," said Vicky Stergiopoulos, one of the lead researchers. "The quality of service and the co-ordination of service made all the difference."

Those in the housing-first treatment stream received help finding a place to live, as well as subsidies to cover rent. Once the person was securely housed, an intervention team worked closely with them to attend to other needs, such as medical care or mental-health treatment.

Those who received housing first were, after two years, stably housed 80 per cent of the time, compared to 54 per cent of those who had treatment as usual.

The housing-first model cost just over $21,000 per year to treat a person with high needs, and about $14,700 for someone with moderate needs. When the reduction in hospitalizations, shelter use, criminal-justice issues and other publicly funded services was calculated, the method saved more than $31,000 for high-needs people and $4,200 for moderate needs.

TORSTAR NEWS SERVICE

Hydro One tops list of complaints

Report. Billing problems plaguing Crown utility, ombudsman finds

Complaints about wacky bills from Hydro One keep rolling in at the rate of 10 a day from customers — sometimes more in a "surge," Ontario ombudsman André Marin said after delivering his annual report Monday.

"We may have staunched the bleeding, but the patient is still critical," added Marin, who launched a probe last February into erratic and alarmingly high bills under a problem-plagued new invoicing system the Crown utility installed a year ago and is trying to fix.

He estimated there are now about 8,000 complaints — the most he's ever received — against the organization, which is co-operating with his office in trying to tackle problems such as billing.

"For many of these people it's been a hopeless quagmire .... It was very much like wrestling with a slippery pig," said Marin, whose 92-page annual report includes cartoonish drawings of a pig with electrical plugs for feet sitting on bundles of cash.

Hydro One chief executive Carmine Marcello said in a statement Monday the utility is working "tirelessly" to fix billing troubles.

It has received 1,733 complaints from Marin's office and resolved 1,567 of them, is now billing 98.4 per cent of customers on time, an improvement from 95 per cent in February, and is trying to deal with complaints within 10 days.

"We are sensing that they are moving in the right direction," said Marin, whose full report on the troubles at Hydro One should be ready late this year.

His annual report found overall complaints against government and its agencies were up 37 per cent last year and said Premier Kathleen Wynne should take advantage of her new majority government to pass a proposed law expanding his jurisdiction to municipalities, school boards and universities.

TORSTAR NEWS SERVICE

One woman's ordeal

One case involved a woman who had $8,390 "sucked" from her bank account in an automatic withdrawal by Hydro One, which argued the amount was to "catch up" on 22 months of estimated billings that were too low. It turned out Hydro One had not read the woman's meter for almost two years and the money was refunded after the ombudsman intervened.

Worker falls 26 storeys to his death

A man points to a building where a construction worker fell to his death on Monday. The man fell 26 storeys from a downtown highrise, according to Toronto EMS. Paramedics said they pronounced him dead on scene around 2:30 p.m. near Bay and Wellesley.
The Ministry of Labour has been called to the scene at 65 St. Mary St. and is conducting an investigation. This is the second time in a year that a construction worker has died on the job in the downtown core.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

‘I’m ready for that’: New integrity commissioner is set for latest role

After working behind the scenes at the provincial government, Valerie Jepson is ready to take the hot seat as Toronto’s new integrity commissioner.

The self-described “news junkie” will be Toronto’s fourth integrity commissioner, and the first to be full-time. Since Mayor Rob Ford’s election, Jepson has often found herself in the news.

“I’m ready for that. It’s a role that requires a public profile,” says Jepson, 39, who leaves her job as counsel, or adviser, to Ontario’s Office of the Integrity Commissioner to replace Janet Leiper on Sept. 6.

Jepson’s council-approved five-year appointment follows her seven years at the province and, before that, three years in the labour and employment litigation group of Toronto firm Hodgson Shields LLP.

Valerie Jepson
CONTRIBUTED

The commissioner oversees council’s code of conduct, which applies to council members and citizen appointees to city boards, and advises them on how to uphold ethical standards.

Jepson said she hopes to “build on what I think is a very stable foundation.

“I value this work extremely highly. It’s only five years, so I’ve got to hit the ground running — no time for ramping up — and I look forward to that.”

TORSTAR NEWS SERVICE

Quoted

“I value this work extremely highly. It’s only five years, so I’ve got to hit the ground running — no time for ramping up — and I look forward to that.”

Valerie Jepson

Grisly discovery

Remains of newborn found

A city worker discovered the remains of a newborn baby in a drainage basin near Jane and Wilson Monday morning.

Det. Nicholas Nei said “parts of a child” were found amongst the debris around 9:20 a.m. in Heathrow Park. The employee who discovered the remains works for the water department and was at the park for regularly scheduled cleaning of the drains and filtration system, said Const. Victor Kwong.

TORSTAR NEWS SERVICE

Generating revenue

Giant billboards for two highways

Over objections of staff, city councillors are endorsing a plan for four tall illuminated billboards on Highways 401 and 427 in part because it means revenue for the provincial transit agency Metrolinx.

The signs would be on rail corridor land owned by Metrolinx, which operates GO Transit.

As landowner, Metrolinx would receive revenue from the sign operator, Alllvision Canada.

TORSTAR NEWS SERVICE

Real Estate

Website opens door on condo values

An innovative new website called condos.ca appears to have the kind of data to give buyers and investors vital bottom-line information.

Realtor and founder Carl Langschmidt, also founder of loft.ca, has spent $800,000 and three years creating condos.ca with his computer programming brother Ahren and commercial real estate appraiser Andrew Harrild. TORSTAR NEWS SERVICE

Kyla Sherrard and her daughter, Cali, in the YMCA’s new daycare centre in Vaughan on Monday. Sherrard says she feels fortunate to have found a spot for her 14-month-old daughter. COLIN MCCONNELL/TORSTAR NEWS SERVICE

YMCA doubles daycare spots

Across the region. Organization set to provide almost 20,000 licensed spaces for children

The largest non-profit day-care operator in the GTA has almost doubled its child-care services since the introduction of full-day kindergarten in 2010. By September this year, the YMCA of Greater Toronto will be providing almost 20,000 licensed spaces for children from birth to age 12 in 282 centres across the region, the agency says.

The lion’s share of the new spaces — about 4,600 — are for four- and five-year-olds in provincially mandated before- and after-school programs serving full-day kindergarten. But the Y has also boosted spaces for severely under-served infants and toddlers by almost 800.

“Our child-care expansion is responding to the changing needs of parents and to meet the growing and diverse needs of the communities we serve in the GTA,” said board chair Tim Penner.

Among the 21 YMCA child-care centres adding infant and toddler care this year are nine centres in Peel that were previously operated by the regional government.

The YMCA’s expansion is also good news in the city of Toronto, where the agency is adding 423 new spaces, including 125 for infants and toddlers this year.

“One of the benefits of full-day kindergarten is that we have been able to realize an increase in spaces for infants and toddlers as vacated (pre-school) rooms have been reconfigured,” said Elaine Baxter-Trahair, general manager of Toronto children’s services.

In York Region, the YMCA is adding 301 new spaces this year, including 30 for toddlers.

First-time mother Kyla Sherrard, 30, can’t believe how lucky she was to find a spot for her 14-month-old daughter, Cali, in the Y’s new centre at Vaughan City Hall.

“When I see the things that Cali is creating at daycare, it’s amazing,” said Sherrard, 30, who returned to her job as the city cashier in April.

Andrea Calver of the Ontario Coalition for Better Child Care said the YMCA’s expansion — and the growth of spaces generally due to full-day kindergarten — is good news.

“This is a bit of a sign of hope that investing in child care really does result in measurable improvements,” she said. TORSTAR NEWS SERVICE

Ford
GET MORE IN A FORD
THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON’T
WORLD’S BEST-SELLING CAR NAMEPLATE‡
2014 FOCUS S
PURCHASE FINANCE FOR ONLY
$85**@0.99% APR
FINANCED BI-WEEKLY FOR 84 MONTHS WITH
$0 DOWN INCLUDES FREIGHT
OR OWN FOR ONLY $14,948*
OFFERS INCLUDE $2,500 IN MANUFACTURER REBATES.
OFFERS EXCLUDE TAXES.
STANDARD FEATURES
• AIR CONDITIONING
• ACTIVE GRILLE SHUTTERS
• INTEGRATED BLIND SPOT MIRRORS
• EASY FUEL® CAPLESS FUEL FILLER
Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.
Focus Titanium model shown
Unlock More. Only at your Toronto Area Ford Store.
Ford
Go Further
torontoforddealers.ca

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). * Until June 30, 2014. Purchase a new 2014 [Focus S/ Focus Titanium] for [$14,948/$26,664] [after Total Manufacturer Rebate of [$2,500/$0] deducted]. Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer’s Suggested Retail Price. ** Until June 30 2014, received 0.99% APR purchase financing on new 2014 [Focus S] models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford [Focus S] for $14,948 (after $0 down payment or equivalent trade-in, and $2,500 Manufacturer Rebate deducted) purchase financed at 0.99% APR for 84 months, monthly payment is $185 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $85), interest cost of borrowing is $531 or APR of 0.99% and total to be repaid is $15,470. Same 2014 Focus S example scenario with $750 down, monthly payment is $176 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $81), interest cost of borrowing is $505 or APR of 0.99% and total to be repaid is $14,742. Same 2014 Focus S example scenario with $1,500 down: monthly payment is $166 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $77), interest cost of borrowing is $479 or APR of 0.99% and total to be repaid is $14,814. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer’s Suggested Retail Price. ‡ Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ©2014 Sirius Canada Inc. “SiriusXM”, the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Heckler apologizes to female peer

Hooting and hollering. Japanese assemblyman comes forward after officials scramble to identify who made derogatory remarks at a presentation on fertility and marriage

A Tokyo city assemblyman apologized Monday for shouting out a sexist remark at a female counterpart last week — but denied that he meant to insult her.

Akihiro Suzuki, 51, reversed his earlier denial and came forward five days after officials scrambled to identify the voices heard during Ayaka Shiomura's presentation on issues such as infertility, maternal support and delaying marriage during an assembly session Wednesday.

A voice from the floor said "You are the one who should get married first," followed by laughter and more heckling, including "She must be single" and "Can't you even have babies?"

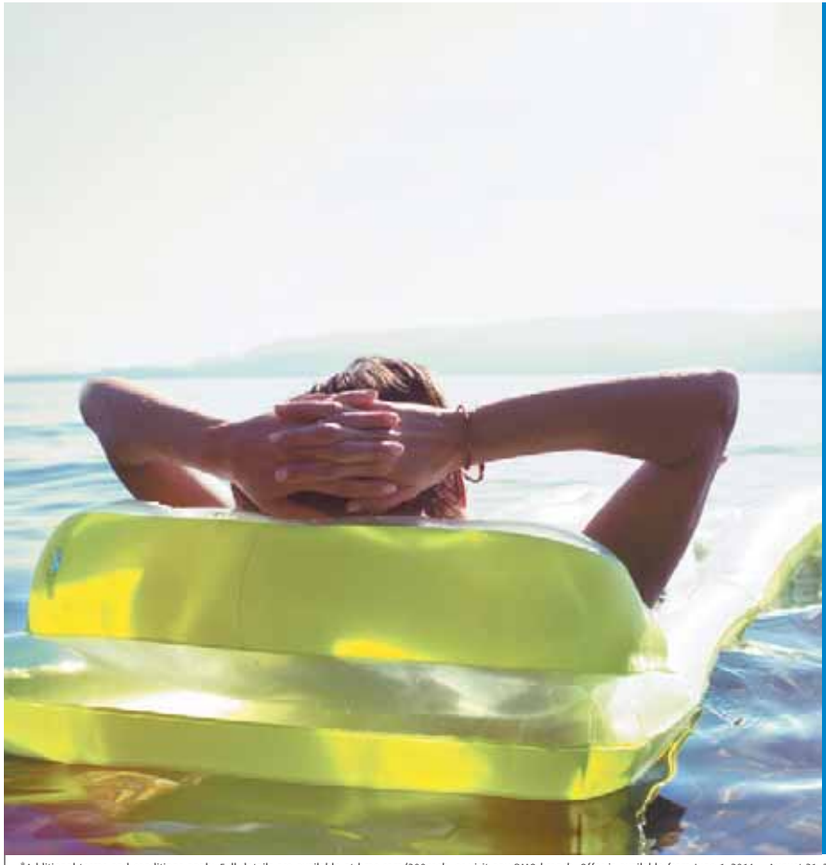
Suzuki apologized over the first remark, but denied making the others. He said he never meant to insult her but wishes she could marry soon.

"I really hoped she could marry soon, bearing in mind this ongoing trend where women are delaying marriage and having fewer children," he said. "But there are people who cannot do so even if they want to, and I realize what I said lacked consideration."

Suzuki said he personally apologized to Shiomura, a 35-year-old former TV personality, and her colleagues of opposition Your Party before the news conference.

He left the ruling Liberal Democratic Party to take responsibility for causing the embarrassment to his fellow members, but vowed to keep his seat in the Tokyo assembly. THE ASSOCIATED PRESS

Tokyo city assemblyman Akihiro Suzuki bows to his female counterpart Ayaka Shiomura at Tokyo Metropolitan City Hall in Tokyo as he apologized for a sexist remark he made last week. KYODO NEWS/THE ASSOCIATED PRESS



Switch your banking to BMO®. Get up to $300*. And relax.

Follow these three easy steps to $300.

Step 1: Open a chequing account and set up a recurring deposit. **Get $100.**

Step 2: Set up a Pre-Authorized Payment and login to BMO Online or Mobile Banking. **Get $100.**

Step 3: Open a savings account and deposit at least $3,000. **Get $100.**

Offer ends August 31, 2014.
Visit a branch or bmo.com/300cash for details.

/BMOcommunity @BMO

BMO Bank of Montreal

*Additional terms and conditions apply. Full details are available at bmo.com/300cash, or visit any BMO branch. Offer is available from June 1, 2014, – August 31, 2014. You have the opportunity to earn up to $300 in cash bonuses when you open a new Chequing Account and Savings Account (defined below). To qualify for the first $100 cash bonus, you must open a new Primary Chequing Account ("Chequing Account") with a Plus, Performance or Premium Plan, make a deposit by August 31, 2014 AND set up a recurring direct deposit from your employer or pension and have a direct deposit transaction credited to the Chequing Account by October 31, 2014. To qualify for the second $100 cash bonus you must setup a pre-authorized bill payment, have it debited from the Chequing Account by October 31, 2014 AND sign up for and log in to BMO Online or Mobile Banking by October 31, 2014. (both bonus offers collectively "Chequing Account Bonus"). An additional $100 cash bonus is available if you qualify for the Chequing Account Bonus and open a new Smart Saver Account or Premium Rate Savings Account (collectively "Savings Account") and maintain a balance of at least $3,000 in the Savings Account until December 31, 2014. Cash bonus(es) for the Chequing Account offer will be credited to the Chequing Account by December 31, 2014. Cash bonus for the Savings Account offer will be credited to the Chequing Account by February 28, 2015. Offers may be changed, withdrawn or extended at any time without notice. ® Registered trade-marks of Bank of Montreal.

CNSC proposes radiation-fighting pills in case of accidents

Canada's nuclear watchdog for the first time is proposing that people living near reactors be given a precautionary stock of radiation-fighting pills in case of an accident.

The Canadian Nuclear Safety Commission has been reviewing the country's emergency preparedness and response regulations in the wake of the meltdown at Japan's Fukushima reactor in 2011.

Many countries have already adopted a system where residents near nuclear reactors are given iodine thyroid blocking tablets to store in their homes.

Quoted

"This is a good step towards catching up with other countries, Canadians deserve protection on par with international best practices."

Shawn-Patrick Stensil, nuclear analyst for Greenpeace

The thyroid glands, especially in younger children, are the most susceptible to absorbing radiation that is ingested or inhaled.

The safety commission has been consulting with various groups, including environmentalists and nuclear license holders, on its latest regulatory draft. It is proposing the tablets be made available within "plume" area of radiation, of about 10 kilometres, for a selective portion of the population. Some energy producers have expressed concern about the proposal, and have balked at the idea that a "selective" pre-distribution be undertaken for a wider area beyond the first 10 kilometres.

A nuclear safety commission document summarizing the comments lists Ontario Power Generation as wanting to delete the words "selective pre-distribution" and adding the words "the opportunity for pre-distribution...will be made" within the 10 kilometre zone.

The current draft document does not make mention of distribution tablets to Canadians outside that immediate area. THE CANADIAN PRESS

Alaska

Takeout, North Pole style

A flooded creek was not enough to keep an Alaska restaurant owner from delivering Thai ribs and fried rice to stranded customers over the weekend. Anuson "Knott" Poolsawat, owner of Knott's Take Out in North Pole, forded the swollen waters of Clear Creek to reach two customers stuck along the Richardson Highway. THE ASSOCIATED PRESS

Planet Earth

The world breaks heat record

Driven by exceptionally warm ocean waters, Earth smashed a record for heat in May and is likely to keep on breaking high temperature marks, U.S. experts say.

The National Oceanic and Atmospheric Administration Monday said May's average temperature on Earth of 15 C beat the old record set four years ago. THE ASSOCIATED PRESS

Mom of alleged trafficking victim says the system failed her daughter

'I did try to seek help.'
Halifax-area woman says she's not getting enough assistance keeping teen from a life of drug abuse and sexual exploitation

RUTH DAVENPORT
Metro in Halifax

A Halifax-area woman whose daughter was allegedly coerced into prostitution says the problem isn't the individual who's facing charges — it's a larger system that failed, and continues to fail, children.

Tashlynn Shaw, 23, was arrested last week and is facing child-trafficking and underage-prostitution charges.

Police say the investigation involved two young girls — aged 13 and 14 — who had been forced into the sex trade.

But the mother of one girl says her daughter started selling her body not because of any one adult, but because of a system focused on blame rather than support.

"These girls are out there doing this stuff on their own and it doesn't seem that anything is being done until someone of age … is there to pin the human trafficking on," said the woman, whose identity is protected in order to protect her daughter's identity.

The 37-year-old woman says she's struggling to save her daughter from a life of drug abuse and sexual exploitation, and isn't getting help from police or any social agencies.

The problems started when the girl was 10 and the woman went through a bad breakup, turning to drugs and even prostitution to cope. She said the formerly good girl started acting out after watching her mother "fall apart" — running away from home and pushing her mother further into self-destruction.

Tashlynn Shaw, who faces child-trafficking and underage-prostitution charges, arrives at Halifax provincial court Thursday. JEFF HARPER/METRO IN HALIFAX

"I did try to seek help, and (child welfare) did send someone … but it took two weeks for them to even get back to me," said the woman. "She kept saying, (the girl) needs to be taken out of the home, and no one listened. And my whole life fell apart."

Child welfare took the woman's four kids, placing them with relatives, friends and foster families. At the age of 13, the eldest reportedly followed a friend into the sex trade, posing as a 17-year-old in online ads.

The mother says the girl was in and out of group homes, where a lack of structure enabled her sex work.

"They don't monitor them," she said. "(The kids) say they're going somewhere at 9 a.m., and they leave. And no one checks on where they're going."

The woman, who's been clean since 2012 and has completed parenting and self-help courses, has her three younger kids on weekends and her eldest daughter full-time. She says her daughter has developed a taste for money and freedom, and doesn't want the structure of a normal home life — and the system that was quick to take the children away isn't there to help rebuild.

"They were so focused on the blame that could be put on me and not focusing on how she was feeling and how to deal with her issues with me," she said. "There's been more … people that are there to feel sorry for her than want to really get down to the issues."

Quoted

"As much as I hated that they took my kids, they needed to, and I understand that. I just wish they would have helped before it got to that point."
Mother of teen allegedly forced into prostitution

Egyptian-Canadian journalist given shocking seven-year prison sentence

"Thank you Canada. I will be arriving soon for some love. No terrorism plans, I promise :)"

This is one of several tweets Egyptian-Canadian journalist Mohamed Fahmy had asked his brother to send Monday as soon as an Egyptian judge ordered his much anticipated release.

But in a shocking turn of events, Fahmy and two other Al-Jazeera journalists were sentenced to seven years in prison on terrorism-related charges, a verdict widely denounced as an attack on freedom of expression.

"No one expected this verdict at all," Fahmy's brother, Sherif, said in a phone interview from Cairo. "Mohamed, when I saw him last week … he was extremely optimistic." To see that hope swept away has dealt the family a crushing emotional blow, he said.

"My parents are too old for this.... My mother, for example, she broke down today, a total breakdown; none of us are able to calm her down at all."

Fahmy and his colleagues — Australian Peter Greste and Egyptian Baher Mohamed — were employed with Qatar-based satellite news broadcaster Al-Jazeera English when they were arrested on Dec. 29.

After Monday's verdict, Sherif Fahmy said Ottawa should take a clear and public stance in his brother's defence.

"Call the Egyptian president … call the Egyptian ambassador in Canada, like Britain did today," he said.

"Do something that proves that you actually care for Mohamed, that is what I am asking them to do."

The Canadian government said it was "very disappointed" with the verdict.

THE CANADIAN PRESS

Sudan

Woman convicted of apostasy freed from death row

A Sudanese woman on death row for apostasy had her sentence cancelled and was released by a Khartoum court on Monday, her lawyer and state media said.

State news agency SUNA said the Court of Cassation cancelled the death sentence against 27-year-old Meriam Ibrahim after her defence lawyers presented their case. Her lawyer, Eman Abdul-Rahim, said Ibrahim has left prison and is with her husband and two small children, who had been with her in jail.

Ibrahim, whose father was Muslim but who was raised by her Christian mother, was convicted of apostasy for marrying a Christian. Sudan's penal code criminalizes the conversion of Muslims to other religions, a crime punishable by death.

The sentence drew international condemnation, with Amnesty International calling it "abhorrent."

THE ASSOCIATED PRESS

PIZZA NOVA®
SINCE 1963
within the gta
416 439-0000
outside the gta
310-33-00 USE LOCAL AREA CODE where necessary
ORDER ONLINE @ pizzanova.com

italian street food!
new meatball panouzzo sandwich
includes your choice of roasted red peppers or hot peppers
4.99
*ADDITIONAL TOPPINGS AND CHEESE ARE EXTRA
*Toppings shown are extra. Limited time offer. Taxes extra. Valid at participating stores only. Delivery charge applies. $1.00 surcharge for debit on delivery.

Say BYE to IOUs.

Banking can be this comfortable.

Interac e-Transfer® allows you to send and receive money quickly. With a few taps on your smartphone you can transfer money to the dog walker, pay back a friend, or even split a dinner bill. Spend less time worrying about IOUs and more time enjoying what really matters.

Download the TD app at td.com/comfortablebanking

Recipients must first be set up in EasyWeb. The fee to transfer is $1.50. Regular account transaction fees may also apply. ® *Interac* e-Transfer is a registered trademark of Interac Inc. Used under license. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Love your smartphone? Put a Ringly on it

Commitment. For those looking to take things with their smartphone to the next level, there's a Bluetooth-connected ring

The first wearable tech smart ring vows to keep you connected to your phone. Ringly uses Bluetooth LE to alert wearers to a call, text or even Tinder.

The 18-karat gold-plated gadget inlaid with a choice of four semi-precious stones (black onyx, rainbow moonstone, pink sapphire, and emerald stone) features four vibration patterns and five colours that can be assigned to different notifications.

Co-founder Christina Mercando tells Metro why women need to have their (ring) finger on the smart technology pulse.

Nowadays, we're more connected to smart technology than ever before, so why do women need this piece of wearable tech?

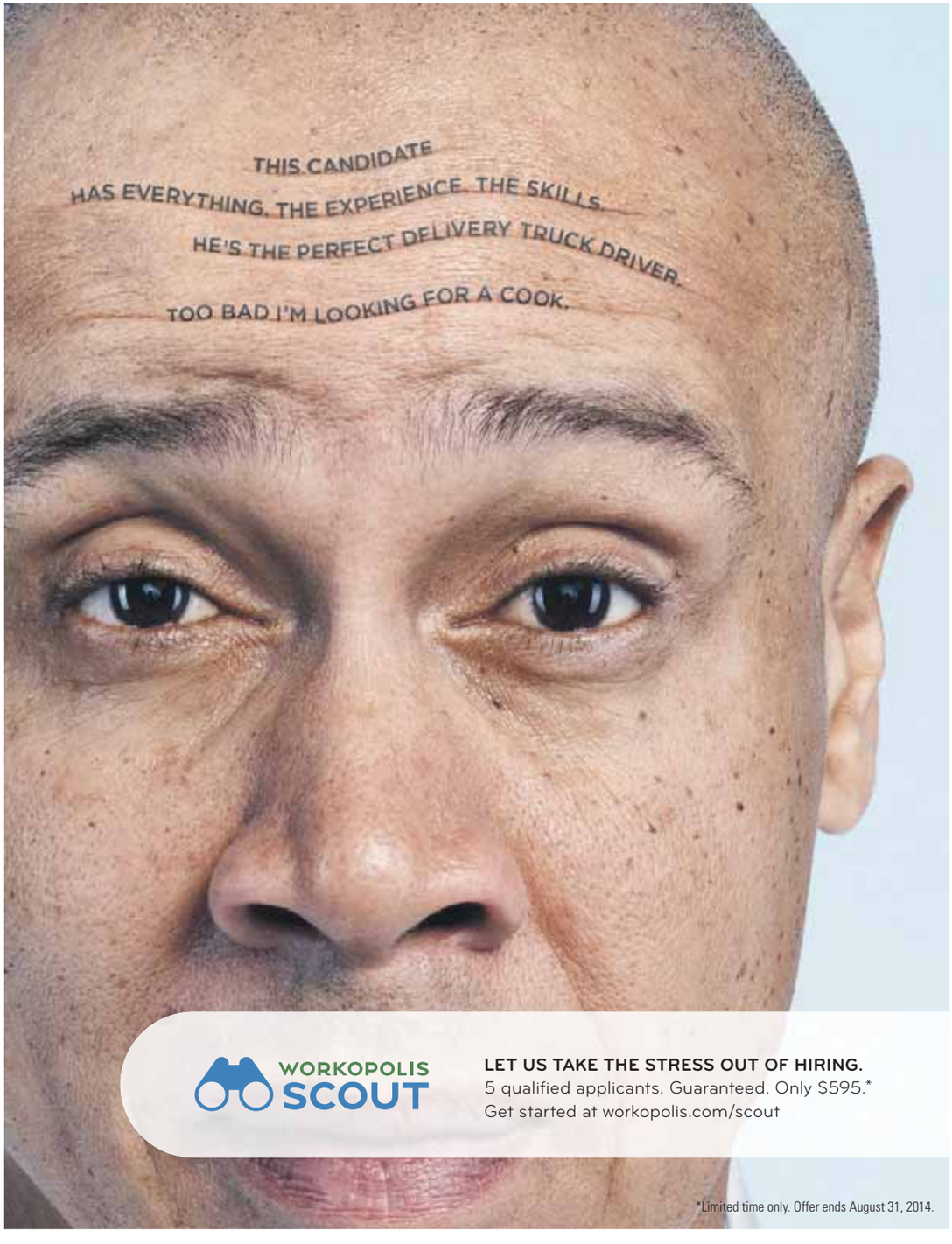
One day after work, I was out with some friends and totally lost track of time. My phone was buried in my purse, so I didn't get any of the texts from my boyfriend, who was telling me that I was late for our dinner reservation. That's when I realized that women have this huge problem of missing important phone calls and notifications because they, unlike men, don't keep their phones in their pockets.

Is the functionality of the design more important than its esthetic?

We are a fashion-first company that packs small and powerful technology into beautiful jewelry. It was important to create a product that women would want to wear even if it didn't have technology inside.

METRO WORLD NEWS

With this Ringly, you can stay wedded to your smartphone. RINGLY


THIS CANDIDATE
HAS EVERYTHING. THE EXPERIENCE. THE SKILLS.
HE'S THE PERFECT DELIVERY TRUCK DRIVER.
TOO BAD I'M LOOKING FOR A COOK.
WORKOPOLIS SCOUT
LET US TAKE THE STRESS OUT OF HIRING.
5 qualified applicants. Guaranteed. Only $595.*
Get started at workopolis.com/scout
*Limited time only. Offer ends August 31, 2014.

Germany. Robot 'Ray' is the valet of the future

Got a plane to catch and don't feel like hunting for parking?

Travellers at Dusseldorf airport in Germany can soon leave the job to a robot valet.

An airport spokesman says the robot, nicknamed Ray, starts work Tuesday and can be booked using a smartphone app.

Thomas Koetter says all travellers need to do is leave their car in a designated area, and confirm it's empty and ready to go.

Then Ray or one of its cybernetic colleagues will take the car to one of 249 parking spaces reserved for robots.

Koetter says the forklift-like machine can carry any standard car weighing up to 3.31 tons and is fully insured.

He says the service costing $39.43 US a day targets busy business travellers, but is open to anyone.

THE ASSOCIATED PRESS

Parking robot 'Ray' transports a car in Germany Monday. THE ASSOCIATED PRESS

Mobile app

No monkeying around with the parking in San Fran

San Francisco's city attorney issued a cease-and-desist demand Monday to a mobile app called Monkey Parking, which allows people to auction off public parking spaces that they're using to other nearby drivers.

The letter to Italy-based Paolo Dobrowolny said San Francisco's police code prohibits selling or leasing public on-street parking.

THE ASSOCIATED PRESS

Made by Takata

Defective airbag recall spreads

A recall of defective airbags is spreading to more manufacturers.

BMW, Chrysler, Ford, Honda, Mazda, Nissan and Toyota will all recall cars at the U.S. government's request because their airbag inflators could rupture.

In each case, the airbags are made by Japanese supplier Takata.

The government opened an investigation this month after getting six reports of airbags rupturing.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.23¢ (+0.22¢)

TSX 15,105.63 (-3.34)

OIL $106.17 US (-$0.66)

GOLD $1,318.40 US (+$1.80)

Natural gas: $4.44 US (-$0.08)
Dow Jones: 16,937.26 (-9.82)

Get there faster with a Welcome Bonus of 15,000 Aventura Points.[1]

Get where you want to go faster by using your Aventura Points for any airline, every seat, with no blackout periods.

CIBC

The CIBC Aventura® Travel Rewards Program.
So good even penguins can fly™.

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1]Offer applies to the following newly approved credit card accounts: CIBC Aventura® Gold Visa* card and CIBC Aventura Visa Infinite* card (each an "Eligible Card"). If you apply for an Eligible Card and are approved, you will be eligible to receive the following (the "Offer"): a welcome bonus of 15,000 Aventura Points when you make your first purchase at any time with an Eligible Card. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

SORRY, PANTENE, I'M NOT BUYING IT

SHE SAYS

Jessica Napier
metronews.ca

Pantene wants women to stop saying, "Sorry." Last week the hair-care brand launched a new marketing video that depicts women saying "sorry" in various situations that really don't warrant an apology.

The viral video, which already has more than two million views on YouTube, urges women to stop asking for forgiveness in everyday situations, be confident and #shinestrong.

This shine strong message is a subtle reminder that Pantene isn't only selling female empowerment, it's also hawking shampoo with pro-v antioxidant formulas designed to give you shiny, glossy hair.

The Sorry Not Sorry video reminds me of Dove's Campaign for Real Beauty, which encourages women to love our bodies and be proud of our curves. It's a nice idea, but Dove subverts its own body-positive messaging by retailing intensive firming cream designed to eradicate the same cellulite we're supposed to be embracing.

The problem with both campaigns is that these companies — as progressive as they might hope to appear — are out to sell products. Dove and Pantene tell us to be confident in our own skin but they're also trying to cash in on our insecurities. We buy hair spray and scented body wash and moisturizing lotion because we have been told we should look and smell and feel a certain way.

Of course we shouldn't be apologizing all the time ... unless it's about our dull, lacklustre hair, right?

Despite what Pantene would have us believe, I don't think "sorry" is a gendered word designed to disempower modern women. The word has simply become a habitual placeholder for all sorts of phrases. It's a term used by both men and women to get someone's attention or as a knee-jerk response to any sort of physical contact with a stranger. I don't say "sorry" because I feel weak in my everyday life; I say "sorry" because it's usually the polite thing to do and because I was raised in a country of overly-apologetic Canadians.

I understand that beauty companies want to create a meaningful dialogue with women, but they have to stop patronizing us with these over-the-top viral videos and cutesy hashtags.

So I'm sorry, Pantene, I'm not buying your marketing campaign — or your hair products.

#thisisnotwhatfeminismlookslike

Faux-feminist rallying cries like #wearebeautiful and #shinestrong are hard to stomach when you consider the fact that these companies are ultimately the ones perpetuating the beauty standards they claim to overthrow.

ZOOM

Futbol and fancy dress

ALL PHOTOS THE ASSOCIATED PRESS UNLESS OTHERWISE NOTED

GETTY IMAGES

While some of these teams didn't survive the first round, Metro salutes all of the World Cup fans who, no doubt, have made their fellow countrymen and women proud. Clockwise from top left: Fans from Cameroon, Argentina, Netherlands, Brazil, Honduras and Croatia cheer on their teams.

Biggest spenders*

* Countries that bought the most tickets to World Cup games, as reported by forbes.com

Least hooligan-y

- Japanese fans scored top points at this World Cup from the clean-up crew, after tidying up after themselves and leaving stands immaculate.

Most appropriated

Oct. 22, 2003

Date which can be traced as the birth of what is now soccer's most prolific chant. It began in a bar in Milan with fans of Belgium's Club Brugge K.V. chanting a riff from Seven Nation Army by the White Stripes. This was adopted and nurtured by Italy, brought across the Atlantic by Penn State, and then co-opted by fans around the world. **DEADSPIN.COM**

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 11 in Scene and page 17 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

metro AR

The man who runs with bees

ANDREW FIFIELD
andrew.fifield@metronews.ca

Like moving to the country and opening a bait shop, beekeeping's a career that's easy to admire from afar on a day when you've had enough of sitting at a desk.

Oregon beekeeper Wolf Carr never had such idle daydreams, it seems. He figured out pretty early on that having hives was the life for him and this short profile film makes his typical day seem like one to envy. If this lovely slice of Wolf's sweet life has you intrigued, you can learn more at julietzulu.us. And if that's not enough, we could always take up beekeeping together. (Juliet Zulu/Vimeo)

SCREENGRAB

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

How Banks found salvation in dark R&B

Musical catharsis.
Singer has anger to thank for her songwriting and subsequent success

RICHARD PECKETT
Metro World News in London

Banks' debut album, out in September, is called Goddess. GETTY IMAGES

AUGMENTED REALITY

→ Want to see a beautiful music video? Scan this photo with your Metro News app to check out Banks' video for her song Waiting Game.

→ See the full instructions on Metro's Voices page.

"If I wasn't that lost or lonely, I don't know if I would have even discovered music," says Jillian Banks, the R&B singer-songwriter better known as Banks. She's speaking of her parents' divorce; the mental distress and solitude of her teen years were escalated through her family's domestic disputes.

But rather than go full-throttle on self-destructive teen rebellion, the L.A.-based 26-year-old, whose debut album Goddess drops this September, used her anger as a catalyst for musical creativity.

"It was such a blessing to be so angry," she explains. "If I wasn't in such a dark place I wouldn't have been in a weird enough mood to start tinkling about on the piano."

She channelled her repressed inner turmoil into a "fake keyboard that only needed a napkin-light touch to make a noise," she shares.

This instrumentally crude musical catharsis was the beginning of what would become her now signature darkly pulsing beat. "I felt like this person who wanted to scream, but didn't have a voice. I felt mute and completely helpless because I didn't know what to say or how to say what I was feeling. And all of a sudden all of these weirdly intricate poems were coming out with melodies on top of chords."

Banks had had no formal musical training at this point. In fact, she still writes all her songs by ear, which maybe accounts for her alternative, sultry brand of R&B. Her writing is an emotional confessional, apt from an artist who has a bachelor's degree in psychology.

"My music speaks for itself with what I go through — things that are hard to talk about in real life. Music is where I feel completely liberated and free to express myself."

Her candid honesty led to her first accidental release Before I Ever Met You to be dubbed a breakup jam.

True to her word, Banks is reticent when asked to divulge the so-called "nitty gritty" of what sparked the song. But she admits that all her music is "me, me, me, me, me. It's almost voyeuristic to listen to; I'll have to be fearless releasing all this stuff — I just hope people connect to it," she giggles.

She doesn't need to worry. Banks has already been anointed by BBC Radio 1's Zane Lowe, who nominated Before I Ever Met You as his Next Hype record in 2013, can count Katy Perry among her fans and has had tracks used both on a Victoria's Secret ad and the movie Divergent.

None of this would have been possible had Banks' manager not been bold enough to rip the track from her private SoundCloud account and whisked it away to the influential ear of the BBC DJ.

"It was a blessing from the universe," she says. "It kind of gave me that extra little push to be fearless; I would die for him [Zane Lowe]," Banks gushes.

DVD review

Enemy

Director. Denis Villeneuve

Stars. Jake Gyllenhaal, Melanie Laurent

Toronto history professor Adam Bell (Jake Gyllenhaal) suddenly finds the present more urgent than the past when a perfect doppelgänger named Anthony aggressively enters his life. This is the deceptively simple setup to Enemy, a taut psychosexual thriller by Quebec's Denis Villeneuve that won a leading five prizes at this year's Canadian Screen Awards, including Best Director. Based on The Double, a novel by Nobel Prize-winning novelist José Saramago, the film was shot in Toronto and bathes the city in sinister hues of brown and grey, making it seem like a character. Admirers of Alfred Hitchcock, Roman Polanski and David Lynch will find a friend in Enemy, which also includes intriguing figures played by Sarah Gadon, Mélanie Laurent and Isabella Rossellini.

PETER HOWELL

Comfort Tour Canada

MONTREAL» QUEBEC»OTTAWA»1000 ISLANDS
$498* plus tax — 3 DAYS 2 NIGHTS
JUN 29, JUL 11, JUL 25, AUG 2, AUG 8, AUG 15, more dates available

NEW YORK
Family of 3 or more? $75 OFF pp USA tours ONLY! EFFECTIVE MAY 24, 2014
$698* tax incl. — 4 DAYS 3 NIGHTS
JUN 28, JUL 3, JUL 10, JUL 17, JUL 24, AUG 1, more dates available

EAST COAST
Halifax»Baddeck»Charlottetown
$100 OFF PER PERSON!** BOOK BY JUNE 30TH
$1,998* tax incl. — FLIGHT EXTRA
7 DAYS 6 NIGHTS
SEP 5-11
SEP 26-OCT 2**

$698* tax incl. — 4 DAYS 3 NIGHTS — WASHINGTON
JUN 28, JUL 17, AUG 1, AUG 14, AUG 29, SEP 11, more dates available

$698* tax incl. — 4 DAYS 3 NIGHTS — BOSTON
JUN 28, JUL 17, AUG 1, AUG 14, AUG 29, SEP 18, more dates available

$698* tax incl. — 4 DAYS 3 NIGHTS — CHICAGO
JUN 28, JUL 10, AUG 1, AUG 14, AUG 29, SEP 11, more dates available

2014 Europe Tours
LONDON»PARIS
JUL 17-26, AUG 21-30, SEP 18-27
ROME»FLORENCE »VENICE
SEP 18-27
FROM $2,298* FLIGHT EXTRA

$598* tax incl. — 4 DAYS 3 NIGHTS
PHILADELPHIA» GETTYSBURG»LANCASTER
Tour of Amish Country Side
AUG 14, SEPT 11, OCT 2

* Conditions may apply. Lowest price per person based on double-occupancy.
** Discount offer applies to new bookings only made between May 27 to June 30. Offer applicable to select dates and tours only. For complete offer details, please call 416 642 0372.

CALL NOW 416 642 0372
toll free 1 866 213 0371
www.comforttour.ca
90 Sherbourne Street, Unit 101, Toronto, ON, M5A 2R1
tico.ca #50013488

Put yourself in high demand with a career as a
✔ Personal Support Worker
✔ Community Services Worker
✔ Medical Office Administrator
CLASSES START JUNE 30TH!
Healthcare Careers in Demand

Why Choose Herzing College?
• 93% Employment Rate for 2013!
• Educating students in Toronto since 1968
• Internship with every diploma program
• Excellent full-time Career Development Department
• Instructors with industry experience
• Program includes field trips and Guest Speakers
• Presentation Centre for students and Guest Speakers
• Ministry Approved for Second Career Funding
• Conveniently located in the Toronto Eaton Centre
• Student Loans & Grants available if you qualify
• No classes on Fridays!
Join us on facebook.com/herzingtoronto
Contact Herzing College today
Check out our student testimonials on youtube!
HERZING COLLEGE 1-800-NEW CAREER 1-800-639-2273
Herzing.ca/Toronto | infotoronto@herzing.edu

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kim Jong Un-happy about portrayal in new Franco-Rogen film

MELINDA TAUB
Metro World News

If James Franco and Seth Rogen were hoping for an invite to a pickup basketball game with North Korean dictator Kim Jong Un, they can just forget it. Kim Jong Un is in a celebrity feud with them now.

Franco and Rogen star in the upcoming film The Interview, in which they play the star and producer of a TV talk show.

Lizzy Kaplan of the CIA informs them that Kim Jong Un is a big fan of their show, and asks them to go to North Korea and assassinate him.

The trailer for the movie dropped on June 11, and Kim Jong Un, who is believed to be a Western movie buff like his father Kim Jong Il, is not pleased to find himself targeted for a fictional assassination. Unlike most celebrity beefs, this one cannot be settled on Twitter as Miss Manners recommends, but Kim has informed the world of his displeasure through a spokesperson.

"There is a special irony in this storyline as it shows the desperation of the U.S. government and American society," his spokesman Kim Myong-Choi said, according to the Guardian. "A film about the assassination of a foreign leader mirrors what the U.S. has done in Afghanistan, Iraq, Syria and Ukraine. And let us not forget who killed (President John F.) Kennedy — Americans.

"In fact, President (Barack) Obama should be careful in case the U.S. military wants to kill him as well."

If the military sends Seth Rogen and James Franco to do the job, I think Obama will be just fine.

WE NEED MALES & FEMALES
Are you a healthy, non-smoking
MALE OR FEMALE 18 AND OVER?
• Free of daily medications?
If so, you may be eligible for our upcoming clinical research studies:
• We conduct weekly as well as weekend studies.
• Compensation may range from $1000 to $4000 depending on the length of the study.

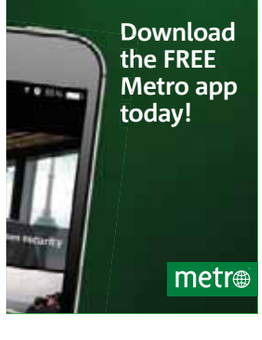
CALL: 416-747-5246
Toll Free: 1-866-747-5246
Monday to Friday 8-6
BioPharma Services Inc.
4000 Weston Road, Toronto • www.biopharmaservices.ca

LIFE INSURANCE
Mortgage Insurance / Line of Credit Insurance
Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
For Instant QUOTE: Visit www.henriquesfinancial.com
Monthly Premiums for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	11	9	13	11	19	15
40	13	11	16	13	24	19
45	16	13	23	17	33	22
50	17	13	32	24	52	36
65	61	41	146	94	285	183

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPF, Empire Life, ING Bank, Desjardins ...
Pls. Call: Guilroy or Rahul (Henriques Financial Inc.) Tel: 416-838-8889 / 905-282-0800 / 1888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS
DISABILITY CLAIMS?
Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!
• Free Consultation
• No payment until claim is settled
Call: 416-363-1867
www.rochongenova.com

PUT THE SMART BACK IN YOUR PHONE...

Download the FREE Metro app today!
metro

A 360-degree beach body plan

Stop comparing yourself to bikini models. Be your own boss. Eat lots of lean meat. Manipulate your metabolism. Health and fitness experts tell us what to do to look great four weeks, not four days, before your summer holiday.

ROMINA MCGUINNESS
Metro World News

It's $$$, but when you can, buy organic

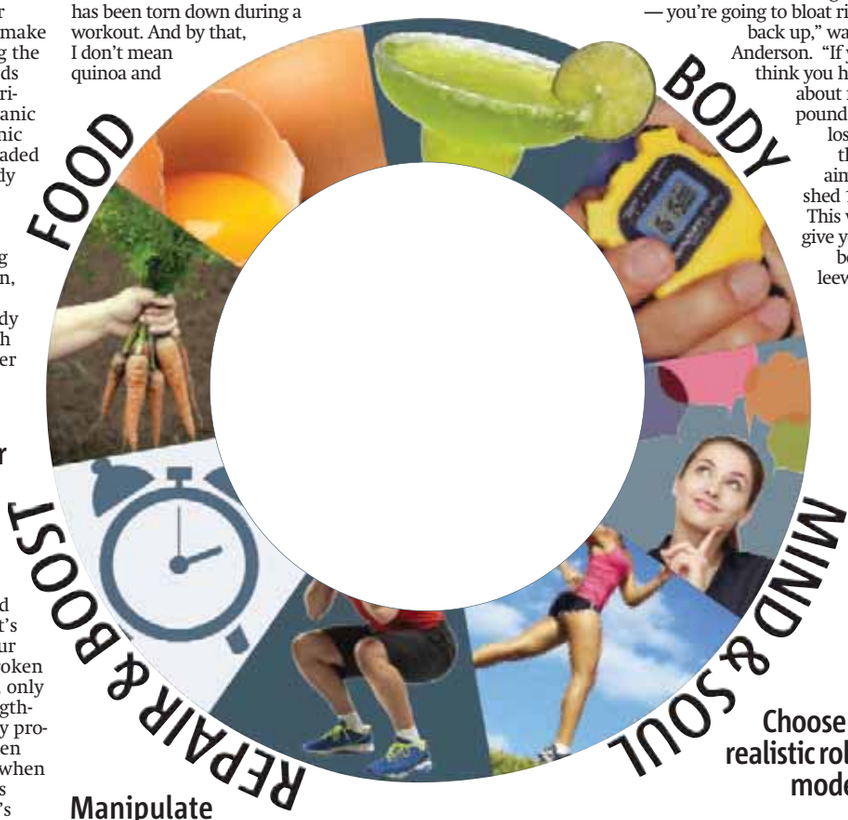
You'll be taking in fewer calories, so you need to make sure your body is getting the most nutrient-dense foods possible: "The same nutritional count is in an organic blueberry as a non-organic one; only the latter is loaded with chemicals your body cannot process. These are then stored by the body as a low level of inflammation, damaging cells at a high rate. Clean, organic foods, however, will go through your body with ease," says Gwyneth Paltrow's personal trainer Tracy Anderson.

Sleep is when your body goes to work

When you think of bodybuilding, you picture big workouts and big weights, though that's actually not good for your body. Muscle tissue is broken down during a workout, only to be repaired and strengthened during the recovery process. But this can't happen without sleep, which is when the body fixes itself, says Peterson. "Sometimes it's not about getting in another workout, but an extra hour of sleep. Some people get by on four, but that's not optimal; the body shuts down after a while. Seven hours is good for an adult."

Only pure protein

"You need to make sure your body has protein at the ready to build and rebuild tissue that has been torn down during a workout. And by that, I don't mean quinoa and lentils, but non-fried, non-processed lean beef, chicken, eggs or fish," fitness expert Gunnar Peterson, who works out with most of the Kardashians.



Manipulate your metabolism

Turn your engine from a two-stroke to a V8: "The best way to increase your metabolism is to include weights (such as kettle bells or dumbbells) in your cardio-based workouts. Your muscles will become leaner and denser, which in turn, helps burn more body fat.

Be your body's boss

"As soon as you're out there on the beach and you order some nachos and a margarita — you're going to bloat right back up," warns Anderson. "If you think you have about five pounds to lose ... then aim to shed 10." This will give your body leeway.

Choose a realistic role model

"If you truly believe that beauty is looking like a random magazine model, you're never going to be happy. You're never going to feel good in a bikini, or naked for that matter," warns Anderson.

Have a plan, and actually stick to it

"Starving yourself is nothing but brain damage," Michelle Bridges, well-being guru and author of Total Body Transformation, tells Metro. Be consistent: "Get on the scales, jot your measurements down, and do a mini fitness test: Time how long it takes you to run one kilometre, and see how many crunches, squats, and push ups you can do in one minute. Now start training for 30-45 minutes, six days a week. The most important is to establish a routine. Redo that same fitness test after four weeks, and I can guarantee you will have improved."

What do you really want?

"Want an awesome diet and exercise plan? Google it," says Bridges. The real issue is figuring out what's going on in your head: "People beat themselves up mentally when a diet doesn't work out, which is far more damaging than being overweight ever will be. Nothing is going to change unless you adopt the right mindset. Figure out a week-by-week schedule, and think about what you really want, whether that's fitting into a size 10, or being able to run five kilometres. Only then will you be ready to tackle the rest," she explains.

Do you think you might have Seasonal Affective Disorder (SAD)?

Are you interested in how the seasons change your mood and affect the brain?

You could be eligible to participate in a brain imaging study!

Inclusion criteria:
- Male or female, ages 18-40, in good physical health
- Currently not taking any medication
- Seasonal occurrence of depressive symptoms (i.e. depressed mood, lack of energy, sleep disturbance)

We will prioritize scan scheduling for SAD participants
Scans will be scheduled from May to August and repeated during the winter

Compensation Provided
(Participants will also receive a complimentary picture of their brain scan)

camh

For more information, please call **(416) 535-8501 ext.36149**

TORONTO MOBILE VETERINARY SERVICES

Follow **Dr. Tina** on YouTube

Professional & friendly veterinary care all in the comfort of your own home!! We provide general, emergency and procedural services and much more!! **Open after-hours, weekends and holidays.**

Call 647.389.4VET (4838) OR visit **www.tomobilevet.com** for an appointment TODAY!!

CROOKED TEETH

and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarrassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment Please call Bonnie at (416) 635-5821

For your phone

Riders (iPhone); Free

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Stay active by learning new tricks from the pros with this instructional app for skateboards, wakeboards, scooters and bikes. There are beginner lessons for jumps, grinds, and grabs of all kinds.

EveryGirl can get fit, says Menounos

Four simple rules. Don't even think about crash dieting: Instead, follow Maria's advice to not just slim down, but also get healthy

EVA KIS
Metro World News in New York City

Who needs 12 steps when you can reach your diet and fitness goals in 11? Here are four of Maria Menounos' 11 simple rules for every girl looking to improve her health, from The EveryGirl's Guide to Diet and Fitness.

Rule 1: Being healthy is more important than being thin. We all feel the pressure from Hollywood, media and culture to be thin, thin, thin! The EveryGirl must focus on a healthy lifestyle and choose good fats and carbs like olive oil and whole grains over unhealthy low-calorie crutches like diet soda and energy drinks.

Rule 4: Don't attempt a 180. How many times have you said you're never eating carbs again? Rather than make enormous, drastic changes, ease out of old habits and into new ones slowly and realistically for maximum staying power.

Living a healthy lifestyle is more important than being skinny, says author Maria Menounos. GETTY IMAGES

Rule 8: Always be moving. If you think exercise only comes from multiple-hour workout sessions with your personal trainer, you're wrong! Incorporate small, cumulative activity throughout the day to help keep your metabolism up and the weight off.

Rule 10: Make no comparisons. Pam Anderson has the most amazing body. No wait, Gisele Bundchen has the most amazing body. Actually, Kim Kardashian has the most amazing body. Or is it Kristen Stewart? Natalie Portman? Beyoncé, Rihanna, Jennifer Lopez? It's all subjective, which is why it's not worth comparing ourselves to them or anyone else.

In case of injury

Your summer first-aid kit

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

School's out this week, and family vacations are on the calendar. Canadian families need to be prepared for any medical emergencies. To help prepare, in the summer issue of Best Health we asked a nurse what she keeps in her own first-aid kit. Here's what Caitlin Mason, a thoracic nurse at the Victoria General Hospital in Halifax, typically has on hand.

1. BANDAGES. Always have a variety of sizes, says Mason.

2. TWEEZERS. These are a great tool for splinter removal.

3. DISPOSABLE LATEX GLOVES. They'll keep you and the person you're assisting safe from bodily fluids.

4. INSTANT ICE PACKS. These are convenient temporary relief for swelling or sports injuries.

5. HAND SANITIZER. If you don't have soap and water handy, this offers a quick cleanse until you can properly wash your hands.

6. SALINE SOLUTION OR ANTISEPTIC. You'll need this to clean out cuts and scrapes.

7. ASPIRIN. This helps relieve mild pain and inflammation.

8. BENADRYL, OR ANY ANTIHISTAMINE. It will treat some allergic reactions.

PLUS Gauze and adhesive tape to dress wounds (and scissors for cutting the gauze and tape); and a tensor bandage for sprains.

Mason also recommends keeping your first-aid kit stocked with a CPR mask to protect yourself from bodily fluids during mouth-to-mouth resuscitation.

You can get these at your local St. John Ambulance and at some drugstores.

We found a couple of natural remedies as options, too: Medical-grade manuka honey is a natural antibacterial and anti-inflammatory; it has been shown in a small study to reduce healing time by 40 days compared to conventional wound treatment.

And arnica cream is really good for bruising and swelling.

Of course, always seek immediate professional medical care in emergencies.

FOR MORE ARTICLES, RECIPES AND PRODUCTS FOR LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE ON NEWSSTANDS. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

ARE YOU ALLERGIC TO DUST?

Are you 12 years or older and suffer from:

- Stuffy Nose
- Runny Nose
- Sneezing and Itching

INFLAMAX RESEARCH inc. Scientific Excellence in Clinical Research

Call Us!
1.888.989.1808
Located at 4500 Dixie Road in Mississauga

You will be compensated up to $1,020 for your time

www.SneezeToronto.com

EARN UP TO $3000!

Are you a Healthy Person between 18 and 55 years of age?
If so we want to hear from you!

Apotex is currently recruiting healthy men and women to participate in studies on Pharmaceutical products.

REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256
Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $1000 to $3000 depending on the length of the study

APOTEX ADVANCING GENERICS

CHAMBERFEST OTTAWA
JULY 24 JUILLET AUGUST 07 AOÛT
OTTAWA INTERNATIONAL CHAMBER MUSIC FESTIVAL
FESTIVAL INTERNATIONAL DE MUSIQUE DE CHAMBRE D'OTTAWA

2014 2014
TWENTY YEARS OF EXTRAORDINARY!
PASSES STARTING AT $79. FLEX PLANS AND SINGLE TICKETS ON SALE NOW!
CHAMBERFEST.COM 613.234.6306
Canadian Heritage Patrimoine canadien · Ontario Arts Council Conseil des arts de l'Ontario · Ottawa · Ontario · Ontario Yours to Discover · Ontario

A whimsical workplace woven on the web

Crafty creation.
Local entrepreneurs create one-stop-shop for handmade wares

TAKARA SMALL
Metro News in Toronto
@takarasmall

Jen Lee Koss, left, and partner Kena Paranjape, right, met each other online and later created their own e-commerce business called Brika. CONTRIBUTED

From brain to biz

Go to metronews.ca/mom-and-pop-shops to find out more about how these entrepreneurs turned a lifestyle blog into a successful business.

For an ambitious young Jen Lee Koss, becoming the co-owner of a small business was not what she thought the future would hold. But now, after two years of little sleep and late nights, she can't see herself doing anything else.

"I always thought I would end up a CEO at a big company, but this is perfect," says Koss, one half of a Canadian company called Brika. "It's hard work, but if you have to be away from your kid, it has to be worth it ... this is."

Koss, 37, and partner Kena Paranjape, 38, are the co-founders of Brika, pronounced Bree-Ka. The Etsy-like company located in Toronto provides consumers with an outlet to shop handmade and DIY goods from a variety of artisans that can be ordered from their online site at brika.com.

Success in the stars

"We wouldn't be here if there wasn't luck involved, hadn't met the right partner and had a great idea. We found each other at the right time."
Jen Lee Koss
Co-owner of Brika

E-commerce websites that act solely to sell DIY goods continue to grow in popularity as more consumers seek out one-of-a-kind items. Brika hopes to capitalize on that by providing Canadian consumers with a new place to buy items that include everything from hand-woven earrings to bacon soy candles.

The idea behind the business, which launched in 2012, was more fortune than fate, say the women. Koss stumbled upon Paranjape's personal lifestyle blog and eventually reached out to chat about her stories. Shortly after meeting in person they quit their jobs and put all of their energy into creating Brika.

"It's kind of interesting the way things fell into place because when I started my blog, I had no intention of it leading to something bigger and it resulted in really connecting with her," Paranjape says. "You should never turn down the chance to meet with people because you never know where it could lead," she advises.

"We wouldn't be here if there wasn't luck involved, hadn't met the right partner and had a great idea," says Koss. "We found each other at the right time."

There are over 300 artists on their website selling handmade goods from across Canada and the U.S., but for this duo, maintaining and proudly promoting the company's Canadian roots is important.

They decided this year to do just that with their Made in Canada collection, which consumers can peruse online or at their exclusive pop-up store in the Hudson's Bay Centre at Yonge and Bloor for a limited time.

Although the team of two is now reaping the rewards from years of hard work, they say it wasn't easy to create a business from scratch.

"I think at the early stages, it's just, you don't know what you don't know," says Paranjape as Koss nods her head emphatically.

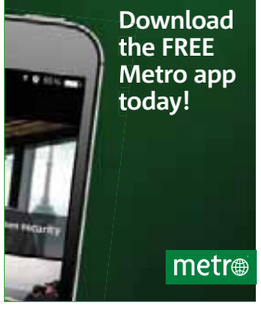
"Be comfortable not knowing everything and learn as much as you can along the way."

MONTESSORI TEACHERS COLLEGE

Become a Montessori teacher
Ask us how!
Toddler & Early Childhood Assistants' Courses
Toddler, Early Childhood & Elementary Diploma Courses

Register Now!
Call: **416 640 1565**
or visit **www.montessoriteacherscollege.com**

PUT THE SMART BACK IN YOUR PHONE...



Download the FREE Metro app today!

metro

GET YOUR CAREER STARTED
Scan here for opportunities

Construction Electrical Mechanical Estimator
Construction & Maintenance Electrician
Appliance Service Technician
Construction Office Manager
Network Cabling Technician
HVAC Technician
Gas Technician
Carpentry
Plumbing

Call Now to Register
1-800-728-0137
or visit
www.trades4u.ca
Not all programs available at all campuses

Pre-Apprenticeship Training Institute
Financial assistance may be available for those who qualify

Be Job Ready in 5-12 Months!

Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding

The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $28,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.

Health Care
- Personal Support Worker*
- Medical Office Assistant + HUC* (Health Unit Coordinator)
- EHR, Billing & Coding

* With Internship

Legal
- Immigration Consultant* Accredited by ICCRC
- Paralegal* Accredited by LSUC
- Law Clerk*

* With Internship

Information Technology
- Network Administrator
- PC Support Specialist
- Computer Service Technician

Accounting & Business
- Accounting and Payroll
- Business Administration
- Project Administration
- Administration Assistant

We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, română, русский & فارسي

Academy of Learning College
Bay/Bloor Campus

FREE English Classes

416-840-3376
416-969-8845
WWW.AOLTORONTO.COM

DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9

Academy of Learning Career & Business College(Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

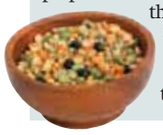
Sweeten soup pot for red lentil day

Affordable family food

Ancient crop packs a one-two punch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Protein packed lentils are one of the most ancient crops known to have been cultivated. It crops up in history 8,500 years ago likely because it is a plant that grows easily in arid or cool regions. Loads of varieties are available and they are cheap and easily found at any grocery store. They are one of the few beans that don't require soaking or any other preparation which makes them a perfect and affordable family food.



Some of the more common varieties include:

- **Puy lentils:** Small blackish green, lower-starch variety. Great for creamy side dishes.
- **Green lentils:** Firm, larger pods great for cold salads.
- **Red lentils:** Actually the hulled inside of other lentils. Great for soups as they disintegrate when cooked.

All lentils rank very highly on the protein scale and, when paired with cheese and/or nuts make a complete protein just as effective as animal protein at building muscle. They are also one of the best forms of fibre, with one cup serving up just over half of your day's needs.

Just remember when cooking any lentils, pulses or beans not to add any acid like lemon or vinegar until the very end. Doing so stops the breakdown of the fibre so that they will not cook further. A good thing to curb the mushies but bad if you don't like crunching on pebbles.

FLASH FOOD

From your fridge to your table in 30 minutes or less

You can feed a family of four for under $2 with a soup of high-protein lentils, nutrition-packed sweet potatoes and onions.

Cheese is optional and will cost a bit extra.

I know it seems weird not to peel the sweet potatoes but the skins are full of nutrients and are just as edibly delicious as white potato skins. Just give them a good scrub and chop!

Directions

1. Warm a large pot over medium-high heat and melt butter. Add onions and sweet potatoes; stir.

2. Add broth and water; add lentils. Bring to a boil, turn down to simmer and cover. Let simmer for 20 minutes.

This recipe makes four servings. THERESA ALBERT

3. Stir in basil, chili peppers, pepper and molasses.

4. Grate cheese if using and serve at the table.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tsp butter
- 1 onion, chopped
- 1 small sweet potato, scrubbed and cubed, skin on
- 4 cups chicken or vegetable broth
- 1 1/2 cups water
- 1 cup red lentils
- 1 tbsp dried basil
- pinch dried red chili peppers
- 1/2 tsp black pepper
- 1 tbsp molasses
- 8 tbsp grated cheddar cheese (optional)

Supporters of World Pride 2014

Shawn and Darrin compared rates online and saved $700 on their car insurance.

How much could you save?

InsuranceHotline.com

The simple way to shop for insurance.

Substitutes give Dutch group lead

Two substitutes, two goals.

Netherlands coach Louis van Gaal can, it seems, do no wrong at this World Cup.

He sent on replacements Leroy Fer and Memphis Depay in the second half of the match against Chile on Monday and they scored both goals in a 2-0 win that confirmed the Dutch as Group B winners with a maximum nine points.

"It is luck," Van Gaal himself said about his super substitutions. "Just luck."

But it was more than that. Fer, listed by FIFA as six feet two inches tall, scored with a header a minute after coming on as a substitute for the five-foot-six Wesley Sneijder.

"I know Leroy Fer is tall compared with our opponents. I know he can head the ball well," Van Gaal said.

Then there was Depay.

"We analyzed that Chile in the last 15 minutes gives away more room," Van Gaal said. "If you have a creative player in at that moment, you have the chance to use that space."

Manchester United, which hired Van Gaal to restore its fortunes after a disastrous season by the club's lofty standards, must be delighted even if it has to wait a bit longer for him to join them after the World Cup.

Chile, one of the most attacking and attractive teams at the World Cup, had no answer at the Itaquerao Stadium, especially not without midfielder Arturo Vidal who watched from the bench.

"I played the best team I had," said Chile coach Jorge Sampaoli.

Juventus star Vidal had knee surgery before the tournament and had a sore Achilles tendon but said a day before the match he felt fit and ready to play.

Both teams had already advanced to the second round, but Chile's first loss of the tournament consigned it to second place in Group B.

The Dutch now travel to Fortaleza to play Mexico, Group A's runners-up in the round of 16. Chile faces Group A winners, Brazil, in Belo Horizonte.

THE ASSOCIATED PRESS

Netherlands' Stefan de Vrij heads the ball past Chile's Francisco Silva, centre, during their group B World Cup soccer match at the Itaquerao Stadium in Sao Paulo, Brazil, Monday. Scan the image with the Metro News app for additional photos from Monday's matches. FELIPE DANA/THE ASSOCIATED PRESS

Group B

Netherlands	Chile
2	0

Quoted

"We can enjoy this fantastic performance, but it must not stop here."

Dutch stand-in captain Arjen Robben said that, after three wins out of three, his squad is hungry for more.

Group A

Neymar delivers in Brazil win over Cameroon

Neymar lived up to the expectations of the World Cup host nation Monday, scoring two goals as Brazil routed Cameroon 4-1 to reach the knockout stage as the top team in Group A.

Neymar netted twice in the first half, on either side of midfielder Joel Matip's goal for Cameroon in the 26th minute.

Fred and Fernandinho added second-half goals for Brazil, which will face South American rival Chile in the second round.

Brazil finished Group A with seven points after two wins and a draw. It ended with the same points as Mexico, but had a better goal difference.

THE ASSOCIATED PRESS

Group A

Mexico advances with 3-1 win over Croatia

Mexico surged into the World Cup's knockout stage for a sixth-straight time Monday with a 3-1 win over Croatia.

Rafael Marquez, Andres Guardado and Javier "Chicharito" Hernandez scored in a 10-minute span in the second half, dooming a talented Croatia.

The Croats had to win and held the bulk of possession, but had trouble seriously threatening goalkeeper Guillermo Ochoa until an 87th-minute consolation goal from Ivan Perisic.

Mexico needed only a draw and looked dangerous in attack, but was kept out until the three-goal burst.

THE ASSOCIATED PRESS

Mexico's Andres Guardado
GETTY IMAGES

Spain bids farewell with pride

Defending champion Spain salvaged some World Cup pride on Monday with a convincing 3-0 victory over Australia in their last match at the tournament.

After losing their previous matches in Group B to the Netherlands and Chile, both teams took to Arena da Baixada in the southern Brazilian city of Curitiba knowing they could not advance to the second round.

David Villa, on his 97th and final appearance put Spain ahead in the 36th minute with his record 59th goal, guiding Juanfran Torres' pass into the net with the inside of his right foot. Juanfran had been found by a typically incisive pass by Andres Iniesta.

"We stepped up against Australia and won this match, and I'm happy to have participated in the first goal," said the 32-year-old Villa, who has called time on his international career. "It's sad because we would have liked to have spent more time here, but that's how it is."

Iniesta was at the heart of the second goal, too, providing the pass for Fernando Torres to steer the ball past Australia goalkeeper Mat Ryan in the 69th minute.

Juan Mata, who replaced an emotional Villa early in the second half, added the third in the 82nd from close range, stroking the ball under Ryan after he was found in space by fellow substitute Cesc Fabregas.

THE ASSOCIATED PRESS

Heads held high

"We went out with dignity."

Spain's coach Vicente del Bosque

Spain's Andres Iniesta
GETTY IMAGES

4 SPORTS

LOW-TESTOSTERONE: WHO, ME?

Greg Thompson recently celebrated his 50th birthday. His wife, Julie, surprised him with a golfing trip for him and three of his buddies at a course he had always wanted to play on. During the trip, Thompson couldn't quite keep up with the course pace, and turned in early each night. It was this experience that finally made him realize something wasn't quite right with him.

About a year ago, Thompson began to feel more tired than usual, so much so that his wife had started to tease him, calling him lazy. His beer league hockey team no longer motivated him, household tasks became more of a nagging chore, and the sizzle in the bedroom started to fizzle. His wife felt responsible for his sexual regression, which ultimately put their relationship in distress.

She recounts, "We used to have a pretty healthy sex life. But over the course of that year, his interest waned. He no longer initiated intimacy, and when I did, he would push me away, telling me he was too tired. I assumed he was no longer attracted to me. I even began to wonder if there was another woman."

Just after his birthday, realizing her husband was becoming more fatigued and irritable, and frustrated that their relationship was not improving, Julie Thompson suggested he see his doctor. For her, it was a necessity — the alternative was marriage counselling.

"Many men who I see first come in at the suggestion of their partner," shares Dr. Dave Greenberg, Toronto family doctor, president of the Canadian Society for the Study of the Aging Male (CSSAM), and director of the newly launched Canadian Men's Health Foundation. "Complaints of not feeling like themselves, both in and outside the bedroom, tend to be the reason for their visit. What's more surprising is the number of men who come in for routine exams or other complaints, and we pick up the symptomatic late onset hypogonadism, or low-T, on simple lab work and screening questions."

After explaining his symptoms to his doctor, Thompson was sent for bloodwork, which ultimately confirmed his diagnosis of low-testosterone (low-T). Thompson was started on testosterone-replacement therapy, along with a diet and exercise plan.

"Symptoms of low-T may intensify a man's core fears about aging: loss of energy and control along with a decreased sense of relevance," says Greenberg. "But low-T is treatable. The main message for men, though, is go see your doctor if you're not feeling like yourself. Changes can come on fairly quickly, or may be a dwindling over a few years — don't overlook them, or attribute them to a fact of aging."

5 SIGNS IT MAY BE TIME TO VISIT YOUR DOCTOR

Men are notorious for avoiding visits to their doctor. However, when it comes to their sex life and overall well-being, a visit to the doctor may be worth considering.

If you or your partner recognize these signs/symptoms, it may be time to visit the doctor. These can be caused by low testosterone, or by a number of other factors:

1. Fatigue
2. Decreased sexual desire
3. Feeling irritable, sad or depressed
4. Weakness
5. Decreased motivation

Low-T Q&A

For many men, a lack of action in the bedroom is devastating, particularly when low libido is to blame. But what causes the sizzle to fizzle? For 25 per cent of Canadian men between the ages of 40-62, decreased sexual desire can be attributed to a condition known as low-testosterone (low-T). Dr. David Greenberg answers some questions about this condition.

Q *WHAT IS LOW-T?*

A Testosterone deficiency (a.k.a symptomatic late-onset hypogonadism, or low-testosterone) is a clinical condition in which the body does not produce enough of the hormone testosterone. Aging men (i.e. those over 40) are at higher risk, as they not only produce less testosterone, but less of it is available for their bodies to use.

Q *ISN'T LOW-T SOMETHING THAT JUST NATURALLY HAPPENS WITH AGE?*

A No. Some men may be born with conditions that cause them to have low-T, or more commonly, it can develop later in life. Low-T is an under-recognized condition and less than 10 per cent of those affected receive the proper treatment.

Q *WHY IS LOW-T IMPORTANT FOR MEN TO PAY ATTENTION TO?*

A Its symptoms can place a significant burden on a man's overall well-being, including decreased sexual desire with or without erectile dysfunction, fatigue and loss of energy, depression, irritability, decreased motivation, decreased strength, and higher risk of osteoporosis. There are also associations between low-T and diabetes, high blood pressure, and metabolic syndrome (the name for a group of risk factors that are linked to being overweight and obese).

Q *WHAT SHOULD I/MY PARTNER DO WITH SUSPECTED LOW-T?*

A Talk to your doctor about your symptoms and ask about low-T. If needed, there are treatment options that fit easily into your existing morning grooming routine.

Ujiri locked in on five players with pick No. 20

NBA draft. Raptors looking for someone who is tough and will blend right in with coach Casey's system

According to Masai Ujiri's wish list, the Toronto Raptors' draft picks will be tough, eager to play defence, able to blend in well with coach Dwane Casey's playing style, and one of them will be a shot blocker.

The Raptors general manager has his list of possible draft selections whittled down to a handful ahead of Thursday night's NBA draft in Brooklyn. The Raptors, who have auditioned dozens of players over the past couple of weeks, have the 20th overall pick in the first round, as well as the 37th and 58th picks in the second.

"I think probably by (Tuesday), it will be narrowed down to probably five guys (for the No. 20 spot), and that doesn't include guys that could fall," Ujiri said.

"And about 600 at 37," he added laughing.

Ujiri said part of his pre-draft research is figuring out players who are capable of giving Casey what he wants.

"We're an aggressive team, we're going to play tough, play hard on the defensive end and stop people, and we are going to play uptempo on the offensive end," Ujiri said. "We have to bring in those kinds of players, we can't just draft anybody to come here and throw to Dwane Casey, that wouldn't be fair."

He and his staff will go for the best player on the board rather than draft specifically for position, although he said he'd be happy if a shot blocker happened to be available at one of their three picks.

THE CANADIAN PRESS

Doing their due diligence

How are draft prospects broken down? "We do a lot of mechanics, pictures, analytics, background checks, psych tests and all that stuff," Masai Ujiri said.

He Gose ball to the wall

Blue Jays outfielder Anthony Gose tumbles after crashing into the wall to catch a fly ball hit by the Yankees' Brendan Ryan at Rogers Centre on Monday. The Jays began the three-game series with an 8-3 win. For the story, go to metronews.ca. STEVE RUSSELL/TORSTAR NEWS SERVICE

New bench boss

Desjardins picks Canucks over Pens

Few coaches would turn down the chance to coach superstars Sidney Crosby and Evgeni Malkin — but Willie Desjardins did.

Instead of choosing to take the available coaching job with the Pittsburgh Penguins, Desjardins decided that he would rather guide Daniel and Henrik Sedin and their Vancouver Canuck teammates.

"I think Pittsburgh has great players as well, but I like the package here," said Desjardins at a news conference Monday after his appointment.

It's the first NHL head coaching job for Desjardins, a 57-year-old native of the tiny village of Climax, Sask., who most recently led the AHL's Texas Stars to a Calder Cup championship.

THE CANADIAN PRESS

Hockey Hall of Fame

Ex-Leafs coach Pat Burns chosen for induction

Dominik Hasek, Peter Forsberg, Mike Modano, Rob Blake, Pat Burns and Bill McCreary have been selected as the Hockey Hall of Fame's induction class of 2014. The six-man class of 2014 will be inducted Nov. 17. THE CANADIAN PRESS

Staying put in Montreal

"I'd like to stay for the rest of my career. I've never known (free agency), but it doesn't matter."

Andrei Markov agreed to terms on a $17.25-million US, three-year contract extension with the Canadiens — his only team in his NHL career — on Monday.

More GO Service
for the WorldPride Parade, June 29

We're adding more trains to the Kitchener, Milton and Stouffville lines to get you downtown for the parade.

All summer long we have seasonal train service to Niagara and Barrie and with most trains running every 30 minutes or less on the Lakeshore lines, we're making it even easier to get out and enjoy the summer.

Please visit gotransit.com for your schedule.

416 869 3200
1 888 GET ON GO (438 6646)
TTY 1 800 387 3652

Pour plus de reseignements, veuillez visiter le site gotransit.com ou composer un des numéros ci-dessus.

worldpride
2014 · toronto · ontario · canada

METROLINX
An agency of the Government of Ontario

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS

GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston,
Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc — Trustee in Bankruptcy
www.rusinek.ca

MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit™

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

---

LOWEST RATES for bad credit loans since1984

What would you do with $20,000? PFS

- ✓College tuition?
- ✓Home Renovation?
- ✓Wedding?

You decide.

Have a paid off car 6 years or newer?
You could borrow up to $20,000 the same day from Prudent Financial*

416-634-2013 BorrowWithYourCar.com

*Call for details and conditions

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals,
Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

EMPIREONE

Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest

416.900.2324 WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
www.empireonecredit.com

SCARBOROUGH 250 Consumers Rd. Suite 810
NORTH YORK 1111 Finch Ave. W. Suite 203
OSHAWA 299 Simcoe St. South
MISSISSAUGA 165 Dundas Ave. W. Suite 307

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale • Etobicoke • North York
Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation · Evening Appointments· Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
Head Office: Rexdale, others non-resident

MORTGAGES

1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154

MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

@metrotoronto

metro

HOME IMPROVEMENT

Harry's PAINTING & DECORATING

1-Bedroom Apt.	2-Bedroom Apt.	3-Bedroom Apt.
$420	$500	$580

Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen & bathroom.

CALL 647-871-5200
416-783-7981

PSYCHIC

World Famous Indian Astrologer Pandit: Jagadish

TAKE RIGHT DECISION AT RIGHT TIME
He understands Problems & Gives Right Guidence
Marriage, Business, Job, Enemy, Sexual, Family
Children, Health, Love, Money, Depression etc
I CAN HANDLE ANY PROBLEM
Removes Black Magic, Bad Luck, Obeya and
Voodo in 2 Days & Gives Immediate Protection
100% GUARANTEE 647-532-8224
1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

Psychic & Astrologer Pandit: BALAJI

By Reading Palm, Face, Picture etc...
I am here to HELP you.If you have any IMPOSSIBLE problems, I can SOLVE them and Give LIFE-LONG Protection.
This is my Generation's power.
NOBODY CAN BREAK MY WORK Private & Confidential
Removes Black Magic, Evil Spirits & Spells, Voodoo, Obeya, Katteri Pilli Soonyam, Kaki Soonyam and Gives Life Long Protection
212A Queen St. East, Brampton L6V 1B7 647-924-7063,
Queen st. & Kennedy Rd., Above "Cash & Money" 647-855-0966

World Spiritual Astrologer & Psychic Pandit: DURGA

100% GUARANTEE
Business • Love • Marriage • Education • Job • Health
Money • Children Mistake • Court • Husband-Wife
Relationship • Sexual & Personal Matters Etc
Removes Black Magic IN 3 Days& Gives 100%Protection
Call: 416-726-0296
679 Markham Rd, Scarborough, On M1H 2A4
Cedar Heights Plaza, MARKHAM & LAWRENCE

JANE & WILSON, OPP. SHERIDAN MALL

INDIAN ASTROLOGER & PSYCHIC READER

Served People in Trinidad, Guyana, Jamaica & London
Experienced, Knowledgeble, Unique Techniques
Pandit: RAGHU RAM 100% GUARANTEE
Solves Problems related to Job, Business, Love, Health, Sickness, Husband-Wife prob., Divorce, Court cases, Child infertility, Sexuals, Enemy, Evil affection Etc.
Removes Black Magic & Gives Life-Long Protection
647-532-3242 1619 Wilson Ave, Toronto, ON M3L 1A5
BEHIND BURGER KING Inside "Best Outlet"

WORK / EDUCATION

MASSAGE THERAPY
Medix College of Healthcare
MEDIXCOLLEGE.CA
866.981.0683
STARTING SOON!

JOB OPPORTUNITIES

Multi –Health Systems Inc.

located at 3770 Victoria Park Ave. Toronto, ON requires **PROJECT ADMINISTRATIVE OFFICER** on Perm F/T basis, $ 21-25/hr.1-2 yrs exp.

Email:
humanresources@mhs.com

Horoscopes

♈ Aries
March 21 - April 20
A relationship may have been under strain of late but don't despair. Before this week is over you will have patched up your differences and be the best of friends again.

♉ Taurus
April 21 - May 21
If you are tired of playing second fiddle then now is the time to do something about it. Let important people know what you can do. Part of the problem is you rarely push yourself forward.

♊ Gemini
May 22 - June 21
The next few days will be memorable — hopefully for the right reasons. You are more likely to enjoy yourself if you let go of hang-ups and allow yourself to enjoy what life has to offer.

♋ Cancer
June 22 - July 23
Try to accept the ups and downs of daily life with serenity. It's not as difficult as it sounds — just don't take anything, including yourself, too seriously.

♌ Leo
July 24 - Aug. 23
Don't worry too much about keeping things civil today. If you've got something to say then come right out with it and, if certain people don't like it, too bad!

♍ Virgo
Aug. 24 - Sept. 23
You will get several interesting offers over the next few days. How will you know which of them are right for you? Just listen to your inner voice. You already know all the important answers.

♎ Libra
Sept. 24 - Oct. 23
The planets will bring out the devil-may-care side of your nature over the next 24 hours. You will thoroughly enjoy shocking people.

♏ Scorpio
Oct. 24 - Nov. 22
You may be in the mood to change things but the planets warn there are some things it might be wiser to leave as they are for the time being. Make changes for a reason, not just because you can.

♐ Sagittarius
Nov. 23 - Dec. 21
You will get things done quicker today if you join forces with like-minded people. Also, tell that special person in your life how much you adore them. They may need some reassurance.

♑ Capricorn
Dec. 22 - Jan. 20
Decide what it is you need to accomplish. No matter how many disappointments you have suffered in recent weeks the planets indicate that from here on it will be success all the way.

♒ Aquarius
Jan. 21 - Feb. 19
You may be in the mood to settle an old score but is that really sensible? Focus only on positive objectives and pretend that negative and annoying people do not exist.

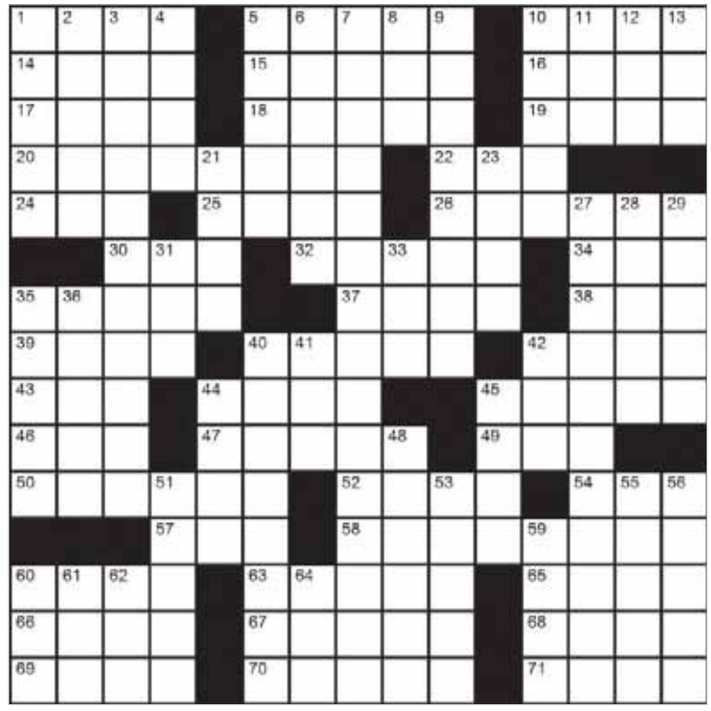
♓ Pisces
Feb. 20 - March 20
If you know what it is you want, act decisively. Someone in a position of authority thinks you are special and they will think you are even more special after today!

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



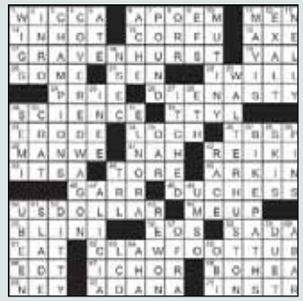
Across

1. Baseball glove
5. Chef Ms. Lakshmi
10. 1997 Great Big Sea album
14. "It's ___-way street."
15. Royal __ Golf Club, in Scotland
16. Upset
17. Churn
18. Blow
19. Some slitherers
20. Canadian provider of green energy
22. __ + Pill = Well
24. NFLD's ocean
25. American state
26. Scottish band, __ Minds
30. Writer Mr. Fleming
32. Cuts
34. Bolt
35. Army vehicles
37. "Darn it!"
38. Compass pt.
39. Gymnastics great Ms. Korbut
40. Symbolic pole
42. Con
43. Moviedom's Ms. Mendes
44. Shoes: __ support
45. Book for Bridget Jones
46. Drollness
47. Decorator Mr. Berkus, and others
49. Branch
50. One of Doc and Grumpy's colleagues
52. Chair
54. "Adieu!"
57. Word's li'l meaning
58. Rapper Expert on ABC's "Rising Star"
60. Music's Ms. Mitchell
63. Role on "Star Trek"
65. Geese: French
66. Count __ (Jim Carrey role in 2004)
67. Mount in the Yukon, Canada's highest
68. Sing-y syllables
69. Uptight
70. Sixth, in Italy
71. Mr. Warhol

Down

1. Venemous snake, Black __
2. "Cut ___!" (Stop already!)
3. Newfoundland tourist destination, the 'Iceberg Capital of the World'
4. Cost
5. Prefix to 'dactyl' (Flying reptile)
6. Old battleground artefacts
7. "Making It Work" band from Vancouver: 4 wds.
8. Broom alternative
9. CASL = Canada's __-__ Legislation (It comes into force July 1, 2014)
10. Sacred song
11. 'L' in L.A.
12. Dadaist Jean
13. Aye
21. Fish parts
23. Itemize
27. Central Great Lakes-St. Lawrence __ Region
28. Of the moon
29. The other side
31. Jennifer Lopez's new album
33. Wrath
35. Miriam __, Canadian novelist from Steinbach, MB
36. Certain cartoon Chipmunk
40. Piled-up-with-food carriers
41. Libran's mo.
42. Lady's love
44. Hockey star Mr. Kopitar
45. Info
48. Georges __ (French painter, b.1859 - d.1891)
51. Enlighten
53. A Bell for __ (John Hersey novel)
55. Move over
56. Homework assignment
59. Pepsi's partner
60. Mr. Pesci
61. Not new
62. Henpeck
64. Shed tool

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		1					4	6
	8	4		7	2			
9			1					
8		2	3		6			
	3						6	
			4		9	5		2
					4			3
			9	3		8	2	
2	5					7		

Yesterday's Sudoku

7	3	2	4	5	1	8	9	6
5	1	8	7	9	6	4	2	3
9	6	4	8	3	2	7	1	5
4	8	5	9	7	3	2	6	1
3	9	1	2	6	4	5	8	7
2	7	6	5	1	8	9	3	4
6	4	9	3	8	5	1	7	2
8	5	3	1	2	7	6	4	9
1	2	7	6	4	9	3	5	8

FALI African Spiritual Reader
35 years of experience. Knowledge passed down from generation to generation. Problem solving by means of deep consultation in the mirror with effective competence, seriousness and secrecy. Specialized in reuniting relationships, business growth, jobs, court cases, removing evil spirits, protection.
Satisfaction guaranteed!
Pay after Results
Don/Mills/Sheppard
www.spiritualfali75.com • fali75@gmail.com
CALL 416.614.8057

SRI RAGHAVENDRA ASTROLOGICAL BUREAU
Pandit: Ravi Shankar
Face, Planet, Palm, Horoscope & Vastu
Solution to all Kinds of Problems
Removes Black Magic, Evils Spells, & Spirits
Voodoo, Obeya, Katteri
Pilli Soonyam
& Kaki Soonyam
HE GIVES 110 YEARS
LIFE LONG PROTECTION
647-924-7249 / 647-764-9199
7086 #7A Airport Rd, Mississauga
(AIRPORT & DERRY) Airport Rd N

Unique Fortune Teller
Pandit: Shiva
The Pandit is Specialist in Removing
Black Magic, Voodoo, Jadoo, Evil spirits,
Obeya,Bad Luck & Gives Protection
Solves Problems Like Love, Money, Job
Family, Health,, Children, Jealousy Etc
100% SOULTIONS ...100% GUARANTEE
647.857.4488 / 416.843.3563
(Markham & Lawrence)

FLIGHT CENTRE
The Airfare Experts
1 877 923 2248
flightcentre.ca
California Dreaming
More value. No extra cost.
Enjoy a BONUS* experience on us when you book between June 23–29.
For full details visit,
flightcentre.ca/california-dreaming
*Conditions apply. For full terms and conditions please speak with a Flight Centre Travel Consultant or visit flightcentre.ca/california-dreaming. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
tico.ca

FITS A FAMILY EASILY
until
ONE OF THEM STARTS SNORING.

From spacious tents to comfy sleeping bags, explore a range of easy-to-use products from Coleman.

Walmart EXCLUSIVE

$90.00
6-PERSON GRAND VALLEY™ TENT

Just in case the good weather decides to take a break, Coleman® tents come equipped with a **WeatherTec**™ system to help keep you dry– so expect to feel protected every time you sleep in one.

Walmart EXCLUSIVE

$36.94 45 QT WHEELED COOLER

Lifting a heavy cooler might be a good workout, but it's not always the most convenient way to transport your food and drinks in the outdoors. Coleman's solution? Put **all-terrain wheels** on the cooler. And make it spacious. **70-can** spacious.

Walmart EXCLUSIVE

$14.96ea GLOW-IN-THE-DARK YOUTH-SIZE STAR & CONSTELLATION CHAIRS

If there's anything more exciting for kids than having their own camping gear, it's having gear that **glows in the dark** – like these **youth-size chairs**. As part of Coleman's Kids Collection, these products come decorated with glow-in-the-dark **star** and **constellation** patterns, making them fun, functional and educational.

Walmart EXCLUSIVE

$26.68 2 LB COMFORTSMART™ SLEEPING BAG

Sleeping bags should be for sleeping. Keeping that simple goal in mind, Coleman® sleeping bags come with **ComfortSmart**™ technology that includes **ZipPlow**™ to keep the zipper from snagging and **ComfortCuff**™ to surround your face with a soft, cushion-like feeling.

Walmart EXCLUSIVE

$49.94 4-IN-1 AIRBED

Some people snore in their sleep. Others whistle. That's why you need beds you can arrange and rearrange into different combinations. Coleman's **4-in-1 airbed** can be used as **two twin beds** or, if you roll around, as **one king-size bed**. You can even stack them together to make it a twin double-high bed. Choices, choices.

Available at Walmart

THE OUTDOORS MADE SIMPLE.

Coleman® The Outdoor Company™

Conditions may apply. Selection may vary by store. See store or Walmart.ca for details. ©2014 Wal-Mart Canada Corp.